



UNIVERSITY OF  
FLORIDA

# IFAS EXTENSION

## Consumer Highlights

SANTA ROSA FAMILY AND CONSUMER SCIENCES NEWSLETTER

**May 2004**

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### **Warning: Counterfeit Frontline and Advantage Products**

The United States Environmental Protection Agency (EPA) has issued a warning about counterfeit pet pesticides that may be sold by stores in the U.S. As of March 5, these counterfeit pesticides have only been found in the Advantage and Frontline brands, which are popular brands of pesticide used to kill fleas and ticks on dogs and cats. The counterfeit products have been found in the pesticides for both cats and dogs.

Unfortunately, all of the counterfeit pesticides have been found in packaging that is similar to that of the legal pesticides and have been distributed throughout the U.S.

However, there are a few ways to be sure your pet pesticides are the correct, legitimate version:

- The instructions on the applicator should be written in English.
- There should be an accompanying instructional leaflet that is required by EPA in the package.
- Check for proper child-resistant packaging and appropriate child safety warnings, such as "Keep out of Reach of Children."
- Check that the lot number on the outer packaging matches the lot number(s) on the applicators.
- In addition, Advantage applicators should include a statement

Santa Rosa County Extension Service • 6263 Dogwood Drive • Milton, FL 32570-3500  
Phone: (850) 623-3868 • (850) 939-1259, Ext. 1360 • Fax: (850) 623-6151  
Santa Rosa County EMS (850) 983-5373 (TDD)

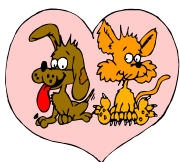
that refers consumers to the outer packaging for directions for use, the name Bayer (manufacturing company's name), and should list "9.1% imidacloprid" as the active ingredient.

It is important not to use the counterfeit pet pesticides because it is not known how much pesticide is contained in the product. The Frontline counterfeit products do not have proper child-resistant packaging. Also, the products may not include the correct directions for use.

A stop sale order has been placed for these counterfeit products. However, it is important to be aware of the counterfeit products in case storeowners are not aware they are selling counterfeit pet pesticides.

If you find you have received counterfeit pet pesticides, contact the store where you bought the product. To find out how to correctly dispose of the product, you should either **contact your local solid waste agency** (the easiest way to find the telephone number is to check your phone book) or **contact the state Clean Sweep Coordinator** (Clean Sweep is a pesticide collection program) at the following:

Dale Dubberly  
Florida Department of Agriculture and Consumer Services  
3125 Conner Blvd, Bldg 8 L-29  
Tallahassee, FL 32399  
(850) 488-8731  
dubberd@doacs.state.ufl.edu



For more information, including pictures of legitimate pet pesticides, visit <http://www.epa.gov/pesticides/factsheets/petproduct.htm>.

Housing and Built Environment  
Newsletter - April 2004

## Yup, You're Eating More Calories Than Ever

A report from number crunchers at the Centers for Disease Control and Prevention shows what you knew without doing any research. Calorie consumption has gone up substantially in the last 30 years. Men eat, on average, 168 more calories daily than they did in 1971, bringing them to roughly 2,600 calories a day; women, 335 more calories, edging them up to just shy of 1,900 calories.

Of course, those are the *official* numbers. It is a well accepted fact in the nutrition research community that people routinely underreport their calorie intake. Says Susan Roberts, PhD, director of the Energy Metabolism Lab at Tufts, "we're now at the point that more than six in 10 Americans are either overweight or out-and-out obese. We didn't get there on 1,900 to 2,600 calories a day. US food supply data indicate we're *eating considerably more*."

Tufts University Health & Nutrition  
Letter - April 2004

## Zap Allergens!

### *Spring cleaning help for allergy and asthma sufferers*

Spring cleaning makes our homes look great! It also creates a healthier environment - particularly if anyone in the household suffers from allergies or asthma, says The Soap and Detergent Association. Help for allergy and asthma sufferers is here!

### **What Are Allergens?**

The common allergens in our homes (animal dander, cockroaches, dust/dust mites, mold/mildew, and pollen) are a serious problem for people with allergies and asthma. Allergens are

often airborne and may be widespread, making them difficult to avoid. They collect in bedding, furniture, carpeting, and wherever there's warmth and moisture. If they're not removed, they'll accumulate, causing an even greater threat.

### Cleaning Removes Allergens!

When done properly, cleaning removes or reduces common allergens. When done regularly, cleaning stops allergens from accumulating, which helps minimize allergy and/or asthma symptoms.

While cleaning is important, simple acts of cleaning, vacuuming, and dusting stir up the air and increase the level of allergens in the immediate vicinity. And, just as with other airborne particles, cleaning products can trigger a response in some allergic or asthmatic people. However, particles from cleaning products remain in the air for only a short time, whereas allergens will continue to accumulate if they aren't removed.

### How to Minimize Reactions

- **Be label wise.** Read and follow product label directions. They tell you the proper amount of product to use, how to safely use the product, and special precautions you should take.
- **Explore your options.** If fragrances are a concern, look for cleaning products without scents.
- **Air it out.** Open a window or turn on a fan so you're cleaning in a well-ventilated area. When done, leave the area until everything settles down.
- **Spray smart.** Don't spray cleaner directly on surfaces. Instead, spray onto a cloth first; then clean. This traps particles, rather than dispersing them in the air.

- **Divide and conquer.** Divide housecleaning into small tasks spread out over several days. This can minimize exposure to airborne allergens and cleaning products.

Cleaning Matters  
March/April 2004

### It's Springtime!

It's time for parties and fun. Enjoy using this chart when planning your next party.

**Coffee:** 1 lb. + 2 gallons of water makes 40 cups.

**Punch:** 1 gallon of punch fills 40 punch cups. The average guest will have 3+ cups of punch.

**Food:** For cocktail food, count a total of 10 "bites" per person.

**Meat:** For main dish  
 ½ lb. shrimp per person  
 ¼ - ½ lb. beef per person  
 ¼ lb. boneless ham or fish per person.



Home Economics Notes  
April 2004

## Caring For Love-ly Fabrics

Silk and rayon are two fibers that are particularly popular for both men's and women's fine apparel. However, such fine fabrics are also vulnerable to spots and spills, remind The Soap and Detergent Association. Here's how to keep these fabrics looking their best for your special event throughout the year...

### Love notes for fine fabrics:

- Read the care labels. Don't dry clean your "washable" silks and rayons-*unless the care label specifies dry cleaning as an option.*
- If the stained garment is part of an outfit, clean all the pieces at the same time. This will help maintain a consistent appearance.
- After you've cleaned the garment, store silk and rayon in the closet or away from light sources. Most rayon and silk fabrics will eventually fade if they're continually exposed to either natural or electric light.
- Before getting dressed, make sure perfume, deodorant, hair spray, etc. are completely dry. This will help prevent stains on the garment.

Cleaning Matters, The Soap and Detergent Association - April 2004



## Gardener's Corner

It has been an interesting, some say strange spring, so far. March was one of the driest on record, with less than an inch of rain reported in many areas. And, as of mid-April unusually cold nights continue to frustrate gardeners. Fresh market growers have experienced two or three frosts on young sweet corn, beans, squash, melons and other early planted vegetables.

That said, there is still plenty of time for spring gardening. The early birds, those gardeners who are willing to gamble and plant early, won't have much of an advantage on the rest of us this year.

### Spring Lawn Care

Lawns are off to a slow start because air and soil temperatures have been low. Unfortunately too many residents fertilized too early again! If you are one who became anxious and succumbed to the urge to fertilize in February or March, don't fertilize again any time soon. Most of the previously applied fertilizer is still there as we have had little rain to leach it deep into the soil and there has been little grass growth to consume it.

Yellow spots or streaks are showing up in some lawns. This condition is most prevalent in centipede lawns, but is also seen in other grasses. This is often a sign of iron deficiency brought on by fertilization with a high nitrogen containing product.

Lawns showing yellow areas (iron chlorosis) frequently respond if supplemental iron is applied. It can be purchased as a dry, granular product such as Ironite® or as a "liquid iron" concentrate for mixing and applying in water.



### Other Lawn Maintenance Considerations:

# Sharpen the mower blade and make sure that the cutting height is set for your kind of grass. Mow centipede at 1½ to 2 inches. Most St. Augustine should be mowed at 3 inches in sunny areas and at 4 inches where shade exists. Some of the new semi-dwarf cultivars can be mowed a little lower.

# Remove excessive leaf cover before mowing by raking or bagging. Use the leaves as mulch in landscape beds or compost them.

# Repair spring dead spots by raking away dead grass debris and seed, sprig, plug or sod to encourage quick coverage.

### May Tips

- Prepare beds and plant warm season annual and perennial flowers. Garden centers and nurseries should have a good selection of bedding plants this month.
- For a splash of color in shady areas, plant caladium bulbs. They are available in a wide range of colors.
- Finish pruning azaleas, if required, this month. Early to mid-June is the absolute deadline. Later pruning results in reduced flowering next spring.
- Harvest bulbing onions and garlic.
- In the vegetable garden, there is still time to plant seeds of lima beans, okra and southern peas. Establish plants of eggplant, tomato and pepper.

### Support the Riverwalk Farmers' Market

The TEAM Santa Rosa Agri-business and Marketing Committee has been working to expand and make the Market bigger and better in 2004.

A highly qualified market manager has been hired and will be working closely with customers and farmers. Our goals at the Riverwalk Market are to provide the freshest and best locally grown products, increase opportunities for local farmers and to ultimately make shopping at the Riverwalk an important part of the downtown experience.

**Location:** Corner of Berryhill and Willing Streets in downtown Milton

**Opening:** Saturday, May 1

**Grand Opening:** 12:00 Noon  
May 6

**Days:** Tuesdays, Thursdays  
and Saturdays

**Hours:** 7:30 a.m. until sellout

Customers and potential vendors can obtain further information about the Market by contacting Joan Hughes, Market Manager, at the TEAM Santa Rosa Economic Development Council Office. Phone: 850-623-0174. General questions concerning the Market can also be directed to the Santa Rosa County Extension Office at 850-623-3868 or 934-5278.

Dan Mullins  
Horticulture Agent





## Recipes



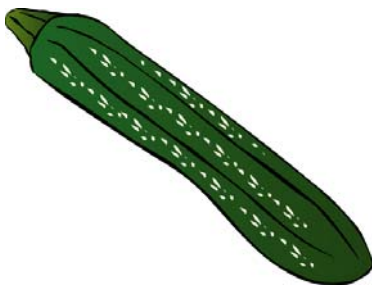
### Zucchini Corn Bread Pie

2 medium zucchini, quartered and thinly sliced  
 1 small onion, chopped  
 ½ c. evaporated skim milk  
 2 eggs  
 1 package (8.5 ounces) corn muffin mix  
 ½ c. finely shredded reduced-fat sharp Cheddar cheese, divided

1. Preheat the oven to 375°F. Coat a 9-inch pie plate with nonstick cooking spray. Coat a skillet with nonstick cooking spray.
2. Heat the skillet to medium heat. Saute' the zucchini and onion for 3 to 4 minutes, or until the zucchini is crisp-tender; set aside.
3. In a large bowl, beat together the evaporated milk and eggs. Stir in the corn muffin mix just until combined. Add the zucchini mixture and ¼ cup cheese; mix well, then pour into the pie plate and sprinkle with the remaining 1/4 cup cheese.
4. Bake for 25 to 30 minutes, or until golden and a wooden toothpick inserted in the center comes out clean. Cut into wedges and serve.

Serving size: 1 wedge, Total Servings: 8

**Calories 154, Calories from Fat 52. Total Fat 6 g, Saturated Fat 3 g, Cholesterol 61 mg, Sodium 321 mg, Carbohydrate 26 g, Dietary Fiber 2 g, Sugars 9 g, Protein 7 g.**



### Lemon Squares

**Number of Servings: 16**  
**Serving Size: 1 square**

#### Ingredients

Name	Measure
cake flour	1 c.
granulated sugar	2 Tbsp.
grated lemon zest	1 tsp.
unsalted butter	1 Tbsp.
canola oil	2 Tbsp.
low-fat (1%) buttermilk	3 Tbsp.
all-purpose flour	3 Tbsp.
baking powder	½ tsp.
salt	⅛ tsp.
eggs	2 ea.
granulated sugar	2/3 c.
fresh lemon juice	1/3 c.

#### Preparation Instructions

1. Preheat the oven to 350 degrees F. Spray an 8x8-inch baking pan with nonstick cooking spray.
2. In a small bowl, toss together the cake flour, sugar, and zest. With a pastry blender or 2 knives, cut the butter into the flour mixture until crumbly. Gradually add the oil, stirring with a fork until well blended. Sprinkle with the buttermilk and stir until the dough begins to hold together.
3. Press the dough into the bottom of the prepared baking pan. Bake until light golden along the edges, 13-15 minutes.
4. In a small bowl, whisk together the flour, baking powder, and salt: set aside.



5. In a large bowl, beat the eggs with the sugar and lemon juice until frothy. Add the reserved flour mixture and beat just until smooth, about 30 seconds. Pour the mixture over the hot crust and bake until the top is set and the edges are lightly browned, about 15 minutes. Cool completely in the pan and cut into 16 squares.

### Exchanges Per Serving

1 Carbohydrate  
½ Fat

### Nutrition Information

#### **Amount per serving**

**Calories** 106

Calories From Fat 29

**Total Fat** 3 g

Saturated Fat 1 g

**Cholesterol** 29 mg

**Sodium** 42 mg

**Total Carbohydrate** 18 g

Dietary Fiber 0 g

Sugars 10 g

**Protein** 2 g

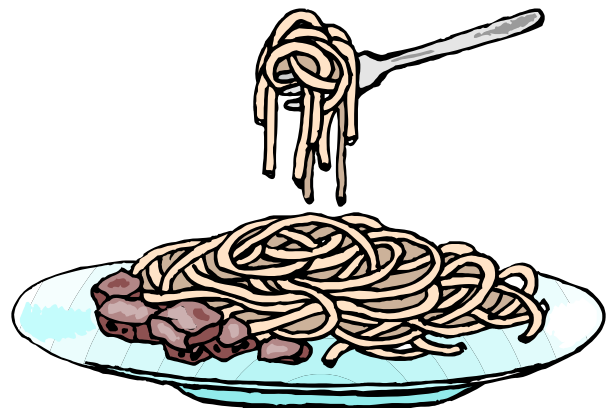


### Chicken Spaghetti

3-4 lb. chicken, cut up including split breast  
1 lb. spaghetti  
1 can diced tomatoes  
1 can condensed reduced-fat cream of mushroom soup  
1 bell pepper, chopped  
1 medium onion, chopped  
1 c. chopped celery  
1 can sliced mushrooms  
1 clove Garlic or 1 Tbsp. of garlic seasoning  
4 oz. block American cheese

Boil chicken with garlic until done and chicken comes off bone easily. Debone chicken, cut into small pieces and set aside. Cook spaghetti in water used to cook chicken. Add bell pepper, onion and celery 10 minutes before spaghetti is done. When spaghetti is done, drain, put into casserole dish (with a lid). Add mushroom soup, a can of drained mushrooms and drained tomatoes and toss well in casserole dish. Add 4 oz block of American cheese cut into chunks - mix well. Bake covered in 350° oven until cheese melts, approx. 30 minutes.

Jim Tolar  
Santa Rosa County Master  
Gardener



**FCE NEWS****Riverwalk Market Opens****May 1, 2004****Corner of Berryhill and Willing Streets in  
downtown Milton****Market Hours:** Tuesday, Thursday and  
Saturday - 7:30 AM till sell out**May 6 will be the grand opening at noon.**

Make plans to come support our local farmers.

**Council Meeting/Leader Training****May 6, 2004****Pace-Pearidge Clubhouse**

Please note that Council meeting will be held at Pace-Pearidge Clubhouse. Our program will be *"Million Dollar Principal"* by Dr. Dunworthy the former principal of Munson Elementary School. We will have a covered dish luncheon after the program. Also, we will be stuffing goodie bags for camp.

**4-H District Events****PJC-Milton Campus****May 8, 2004**

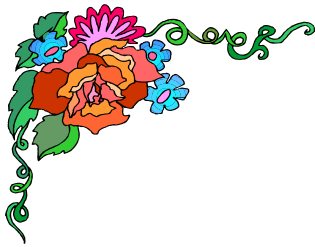
4-H still needs judges. If you are interested please call Angela at the Extension Office at 623-3868.

**FCE District I Leadership Camp****Camp Timpochee****May 11-13, 2004**

Registration Forms are available at the County Extension Office. The deadline is April 30.







# May 2004



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						 Riverwalk Market Opens 7:30 A.M.- Sellout
2	3	4	5	 Leader Training/ Council Meeting 9:30 A.M. Pace-Pearidge Clubhouse	7	 4-H District Events PJC-Milton Campus
9  Mother's Day	10	11	12	13	14	15
<div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>FCE District I Leadership Camp</b>             Camp Timpoochee            May 11-13, 2004         </div>						
16	17	18 Skyliners Club Meeting 9:30 A.M. Extension Conference Rm.	19	20 Milton Club Meeting 9:30 A.M.	21	22
23	24	25	26 Wallace Club Meeting 10:00 A.M. Wallace Clubhouse	27 Pace-Pearidge Club Meeting 10:00 A.M. Pace-Pearidge Clubhouse	28	29
30	31					

# Last Chance

## CONSUMER HIGHLIGHTS RENEWAL FORM



Government regulations require us to periodically purge our mailing lists. I don't want to send it, if you don't want to read it! You may renew the newsletter in one of the following ways: 1) neatly fill in this sheet and mail it to the office; 2) call us at **623-3868** or **934-5278** or 3) e-mail us at **evelync@co.santa-rosa.fl.us**. Deadline for renewal is **June 4**.

If you would prefer to get the newsletter on your computer, you can view it on the county web page at [co.santa-rosa.fl.us](http://co.santa-rosa.fl.us). We will send you an e-mail message each month to let you know when it is posted. If you are interested in this option, please give us your e-mail address.

**If you are an FCE member, you don't need to renew.**

Looking forward to hearing from you. Linda Bowman

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

PHONE \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

### **Evaluation (Optional)**

1. How would you rate the length of the newsletter?

\_\_\_\_\_ too long                      \_\_\_\_\_ too short                      \_\_\_\_\_ just right

2. Do you like the variety of articles presented?

\_\_\_\_\_ yes                      \_\_\_\_\_ no                      \_\_\_\_\_ no opinion

3. Is the information useful to you?


\_\_\_\_\_ usually                      \_\_\_\_\_ sometimes                      \_\_\_\_\_ not often

4. Do you share information with others?

\_\_\_\_\_ often                      \_\_\_\_\_ sometimes                      \_\_\_\_\_ never

5. General Comments: \_\_\_\_\_

\_\_\_\_\_



# Santa Rosa Fresh



## Riverwalk Market

"from the farm to you"

Hours: Tuesday -- 7:30 a.m.

Thursday -- 7:30 a.m.

Saturday -- 7:30 a.m.

Market will be open each of the above days until products run out.



## Grand Opening

May 6, 2004 12:00 p.m.

Directions to Riverwalk Market:

Take Hwy 90 (Caroline Street) to Willing Street in downtown Milton. Turn North on Willing Street to Berryhill Road. The Market is on the northeast corner. Parking is available onsite or at the municipal lot on the corner of Willing Street and Hwy 90.

The use of trade names in this publication is solely for the purpose of providing specific information. It is not a guarantee, warranty, or endorsement of the product names and does not signify that they are approved to the exclusion of others.



Sincerely,

Linda K. Bowman, R.D., L. D.  
Extension Agent IV  
Family & Consumer Sciences  
Santa Rosa County

LKB:etc

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